



Being safe Staying in



Welcome to newsletter2 😊

This is a bigger newsletter with important easy read information as well as puzzles and games to help fill the Easter weekend.

In this newsletter you will find



Important easy read information



Activities and puzzles to do



News from some of our members





We are still helping while we are closed



As all our groups, meetings and offices are closed due to **coronavirus** we have to work differently at the moment.



All our staff are working from home. They are doing information and advice on the phone to help people.



Self advocates are working on projects. Kate and Jo are ringing Trustees and Management Committee members to make decisions about the organisation.



We are still doing co-produced easy read to help people understand things. We have helped hospitals for free to help patients with learning disabilities.



What lockdown and shielding mean



Everybody is being asked to stay at home at the moment. Some people call this **lockdown**.

The only times you can go out are:



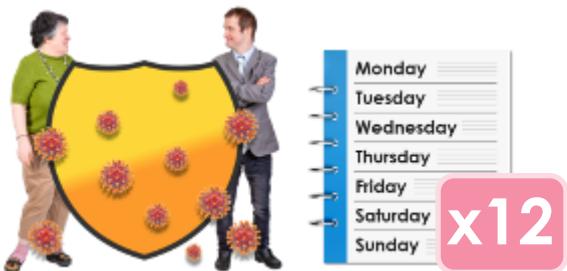
To go for a walk or run
one time each day



For shopping, medication
or a medical appointment



For work, only if you
cannot work from home

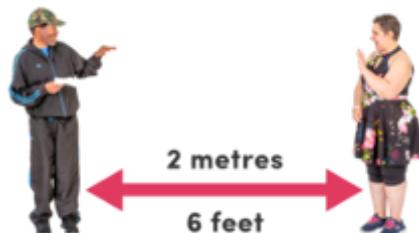


Some people with health problems
got a letter saying they should stay in
at home for 12 weeks to be safe.

This is called **shielding** and it means:



You must stay at home all the time.
You must get food and medication
delivered and left on your doorstep.



You must stay away from anyone
with **coronavirus** and try not to be
too near people you live with as well.



Looking after your mental health



Mind Matters is a website with advice about looking after your mental health. There are tips for what you can do when you are staying at home.



Try to stay in touch with people.

There are different ways to do this like video calling, sending a letter or talking on the phone.



Talk about your worries.

Even when someone else cannot fix things talking can often help you to feel better about things.



Try to help someone else.

This can help you to feel better too and can take both your minds off your problems.

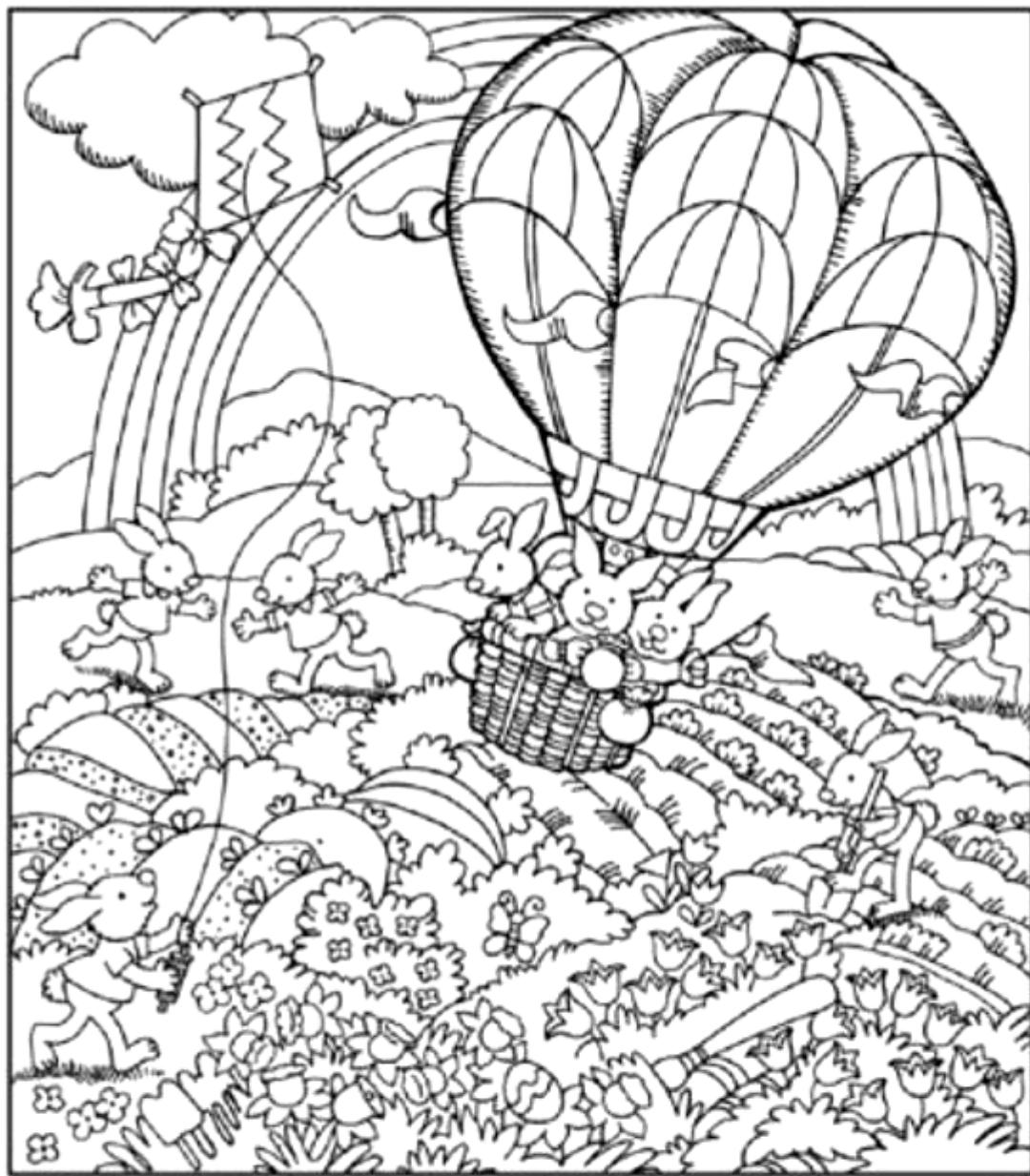
Things to do - find the objects



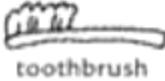
Look carefully at the picture.

Try to find all the objects in the picture.

You can colour it in as well ☺



In the big picture, find these objects.



toothbrush



heart



needle



moon



ice-cream cone



arrow



crown



handbell



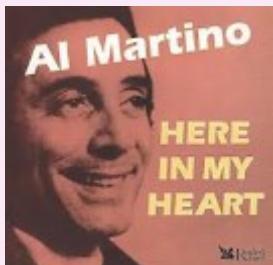
ice pop



umbrella

Things to do - pop quiz by Paul

1



This was the first number 1 single in the United Kingdom - what **year** did the charts begin?

A. 1952

B. 1962

C. 1972

2



What was the title of the Beatles first hit?

A. Please, please me

B. Love me do

C. Can't buy me love

3



What song did Abba win the Eurovision with?

A. Dancing Queen

B. Mamma Mia

C. Waterloo

4



Kylie sang the song **Especially for you** with who?

A. George Michael

B. Robbie Williams

C. Jason Donovan

5



What was the **Spice Girls** biggest hit song?

A. Who do you think you are

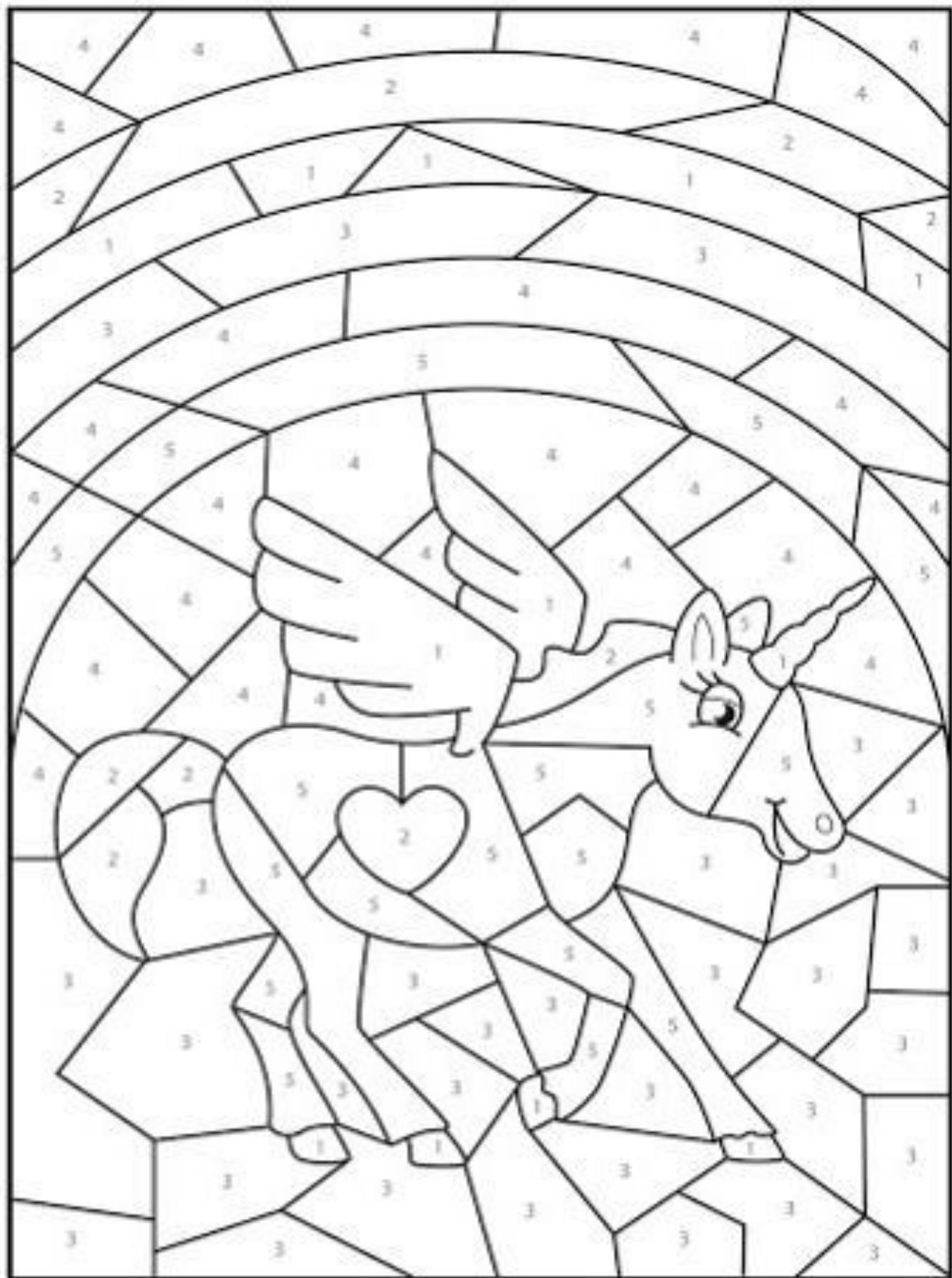
B. Wannabe

C. 2 become 1



Thank you for taking part, I will put some more questions and the answers to this round in the next newsletter, **From Paul**

Things to do - Colour by numbers



1. Yellow

2. Red

3. Green

4. Light Blue

5. Purple

Things to do - sudoku by Andrew

You need to put a number in each box 1 2 3 4 5 6.

There can only be one of each number in each row.

Have a go and I will put the answer in the newsletter next week **from Andrew**.

1	3				2
		3		1	
	2				6
2		4			
	1		6		4
	5	2			3

Opening Doors News



Our groups, meetings
and offices are all
closed until 8th June



Our AGM will not
be in June now,
It is postponed.



What to do if you are not safe at home



Lockdown means lots of people have to stay at home all the time.

Some people are not safe where they live.



Families can find it hard to be together all the time and can fall out.

This can be hard and scary.



Some people are in relationships which are unsafe or scary to be in.

This is called **domestic abuse** and is when one person hurts someone they live with.



01603 631433



0344 800 8020

If you are worried for yourself or someone else you can call us for advice.

You can always call safeguarding by ringing the council on this number.



Self advocates' message board

Send us your postcards so we can share your news in our future newsletters



I have been doing crochet to pass the time safely at home



To everyone at
Opening Doors

here is my news from **Belinda**



To everyone at
Opening Doors

I have been colouring and helping in the garden. I even got to sit in a digger from **Claire**



Keep safe from loan Sharks



Loan sharks are not safe people to borrow money from

If you are having problems with money call Opening Doors to talk about it.



Loan Sharks do not have a licence to lend people money.

This means no-one checks how they work.



Loan sharks sometimes knock at your door to try and get you to borrow money.

Do not take a loan from them.



They charge lots extra for borrowing money from them.

This is called **interest**.



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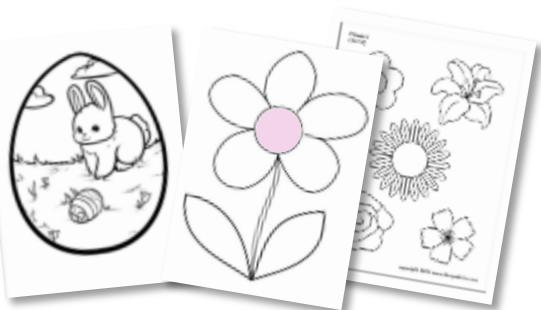
If you are worried call Opening Doors for some advice.



Join in with our newsletter

This is your newsletter so please join in.

Send us an article, do a puzzle for us, tell us what YOU want to see.



In with your newsletter are colouring in sheets for Easter weekend. Colour it in, send us a picture and it will go in a newsletter or on facebook.



Write a message for a friend. Ask someone to post your postcard in the envelope. We will put it in the newsletter .

To contact Opening Doors



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